



***Fresh  
Air  
Dining  
In Lewis County***

## ***Lewis County Health & Social Services Department***

April 2005

Dear Lewis County Resident,

Lewis County Health Department is pleased to offer this Smoke-Free Dining Guide so you can make a healthy choice when you dine out. This guide lists Lewis County restaurants that prohibit smoking in their dining rooms and offer their customers and employees healthy environments in which to work and eat. This guide is part of the Health Department's Fresh Air Campaign to reduce tobacco use in Lewis County.

Since the Environmental Protection Agency determined that environmental tobacco smoke causes cancer, public demand for smoke-free places has grown enormously. This guide lists restaurants, lounges, and taverns in Lewis County that have responded to the public's demand. Since restaurants are converting to smoke-free facilities on an ongoing basis, not all smoke-free places may be listed.

Updates to this guide are posted regularly on the Health and Social Services website at [www.co.lewis.wa.us](http://www.co.lewis.wa.us). If you know a restaurant or lounge that should be on this list, please call us at (360) 740-1489.

A significant percentage of Lewis County adults smoke. If you are one of them and are thinking of quitting, this guide also gives you tips to quit. For more information about quitting, call Washington's Tobacco Quit Line at 877-270-STOP (7867).

Sincerely,

Kathleen Eussen, Director  
Lewis County Health Department

# ***What is Fresh Air?***

To be listed in this guide, the dining area of your food service establishment must be 100% smoke-free, serving “Fresh Air” at all times. This does include some restaurants that allow smoking in their lounge if it is completely separate from the dining area or in an outdoor area.

## **Fresh Air Dining in Lewis County**

About 3 out of 4 food service establishments in Lewis County are smoke-free. The majority of customers who dine out prefer a smoke-free atmosphere.

## **Thanks for Serving Fresh Air**

Visit establishments that serve Fresh Air – they protect the health of their patrons and employees by providing a 100% smoke-free environment.

## **We Wish You Served Fresh Air**

Encourage restaurants that do allow smoking to go smoke-free.

For more information about smoke-free dining or about environmental tobacco smoke issues, call 360-740-1284. Thank you! With your help, we can make a difference.

## **Show Your Care – Serve Fresh Air!**

***Fresh Air Dining  
In Lewis County***

**Centralia**

Berry Fields .....	1
Billy & Bea's Drive-In .....	1
Billy's Gold Street Diner .....	1
Boccata Deli & Market .....	1
Bull Pen Café.....	1
Camp 9 Seafood & Steakhouse .....	1
Carnitas Michoacan .....	1
Centralia Perk .....	1
El Amigo, Inc. ....	1
Gemelli's Italian Grill.....	1
GG's Pasta-Salad-Pizza .....	2
Godfather's Pizza.....	2
The Good Lunch.....	2
Happy Teriyaki .....	2
Kentucky Fried Chicken .....	2
La Tarasca .....	2
Mr. J's Espresso & Burgers .....	2
Peking House .....	2
Pizza Hut .....	2
Quik Internet.....	2
Quiznos Subs .....	3
Sausage House & Deli .....	3
Shanghai Café .....	3
Skipper's .....	3
The Tea Cup .....	3
Thai Dish Restaurant.....	3
Tower Bistro.....	3

**Chehalis**

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Chehalis Deli .....	3
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Ho Ho Chinese Buffet .....	4
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Kyla's Kafe .....	4
Little Ceasars Pizza .....	4
Market Street Bakery .....	4

Marlino's Pizza .....	4
Mary McCrank's Dinner House .....	4
The Matrix Coffeehouse.....	4
Ocean Sky .....	4
Plaza Jalisco .....	5
Riverside Golf Club .....	5
Sowerbys.....	5
Sweet Inspirations.....	5
Taco Del Mar.....	5
Taquaria Juqualita.....	5

#### **Morton**

Alaskan Grill.....	5
Plaza Jalisco .....	5
The Bean Tree Coffee House .....	5

#### **Mossyrock**

Country Lunch Box.....	6
Neighborhood Deli .....	6
Stevie's Pizza Palace .....	6

#### **Napavine**

Buckaroos Pizza .....	6
Mustard Seed Restaurant .....	6
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#### **Onalaska**

Gentile's Pizza.....	6
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#### **Packwood**

Gourmet Cup And Bistro .....	7
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Peters Inn .....	7

#### **Randle**

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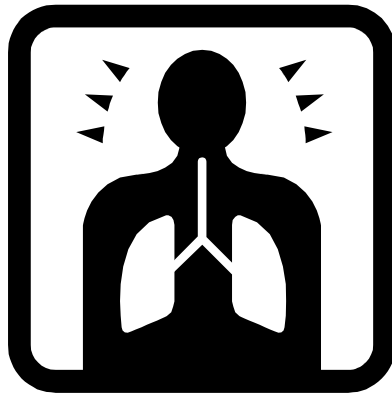
#### **Toledo**

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Ventilation systems do not remove the toxic chemicals and gases in tobacco smoke; they just take away the smell and particulate matter.

## **CENTRALIA**

### ***BERRY FIELDS***

201 S. PEARL  
736-1183

### ***BILL & BEA'S DRIVE-IN***

1215 HARRISON  
736-6697

### ***BILLY'S GOLD STREET DINER***

1226 S. GOLD ST.  
330-8070

### ***BOCCATA DELI & MARKET***

405 N. TOWER  
736-2404

### ***BULL PEN CAFÉ***

1305 S. GOLD ST.  
736-6304

### ***CAMP 9 SEAFOOD AND STEAKHOUSE***

1502 LUM ROAD  
736-0101

### ***CARNITAS MICHOACAN***

705 N. TOWER AVE.  
736-5979

### ***CENTRALIA PERK***

101 S. TOWER  
330-1470

### ***EL AMIGO, INC.***

600 N. TOWER  
736-2638

### ***GEMELLI'S ITALIAN GRILL***

1621 S. GOLD ST.  
807-8348



## **CENTRALIA**

### **GG'S PASTA-SALAD-PIZZA**

2501 HAVILLAND  
736-7242

### **GODFATHER'S PIZZA**

708 HARRISON  
330-2051

### **THE GOOD LUNCH**

123 E. HIGH ST.  
736-9207



### **HAPPY TERIYAKI**

1632 S. GOLD  
736-1500

### **KENTUCKY FRIED CHICKEN**

619 W. MAIN  
736-4881

### **LA TARASCA**

1001 W. MAIN  
736-7756

### **MR. J'S ESPRESSO & BURGERS**

2318 N. PEARL ST.  
330-0830

If you are in a typical non-smoking section of a restaurant for 2 hours, it's as if you've smoked one and a half cigarettes.

### **PEKING HOUSE**

513 HARRISON AVE.  
807-8988

### **PIZZA HUT**

705 HARRISON AVE.  
736-1444

### **QUIK INTERNET**

811 W. MAIN  
807-0266



**QUIZNOS SUBS**

136 W. HIGH ST.  
330-5100

**SAUSAGE HOUSE & DELI**

1648 S. GOLD ST.  
330-0331

**SHANGHAI CAFÉ**

519 N. TOWER  
736-4539

**SKIPPER'S**

2601 N.E. KRESKY AVE.  
736-7891

**THE TEA CUP**

204 N. TOWER AVE.  
807-1717

**THAI DISH RESTAURANT**

712 HARRISON AVE.  
330-7978

**TOWER BISTRO**

500 N. TOWER AVE.  
736-8666

**☞ CHEHALIS ☞****ALDENTE ITALIAN TRATTORIA**

545 N. MARKET  
740-8000

**CHEHALIS DELI**

355 N.W. CHEHALIS AVE  
748-6021

**COLONY HOUSE**

49 N.E. DIVISION  
748-9337

Secondhand smoke contains  
twice as much tar and  
nicotine as smoke inhaled  
through a filtered  
cigarette.

## **CHEHALIS**

### **DAIRY - BAR**

651 W. MAIN  
748-3793

### **HO HO CHINESE BUFFET**

575 N. MARKET ST  
748-7151

### **KALICH'S DAIRY DAN**

1582 S. MARKET BLVD.  
748-8381



### **KYLA'S KAFE**

151 N.E. HAMPE WAY # 180  
807-3155

### **LITTLE CEASARS PIZZA**

1201 N.W. LOUISIANA ST  
748-6626

### **MARKET STREET BAKERY**

492 N. MARKET  
748-0875

### **MARLINO'S PIZZA**

531 N. MARKET  
748-1824

### **MARY McCRANK'S**

2923 JACKSON HWY  
748-3662

### **THE MATRIX COFFEEHOUSE**

434 N.W. PRINDLE  
740-0492

### **OCEAN SKY**

601 NATIONAL AVE  
740-8989

In just one room, it  
takes more than three  
hours to remove most of  
the smoke from one  
cigarette.

**PLAZA JALISCO**

1340 N.W. MARYLAND  
748-7298

**RIVERSIDE GOLF CLUB**

1451 N.W. AIRPORT RD.  
748-8182

**SOWERBYS**

227 S.W. RIVERSIDE DR.  
748-8060

**SWEET INSPIRATIONS**

514 N. MARKET BLVD.  
748-7102

**TACO DEL MAR**

1435 N.W. Louisiana Ave. - 303  
767-0800

**TAQUARIA JUQUALITA**

917 S.W. Cascade  
748-6020

**Kids who breathe  
secondhand smoke are more  
prone to coughs, colds,  
ear infections,  
bronchitis, pneumonia,  
asthma and allergies.**

**☞ MORTON ☞****ALASKAN GRILL**

204 MAIN AVE.  
496-2371

**PLAZA JALISCO**

200B WESTLAKE  
496-6660

**THE BEAN TREE COFFEE HOUSE**

212 MAIN AVE.  
496-3368

## ☞ **MOSSYROCK** ☞

### **COUNTRY LUNCH BOX**

118 E. STATE ST.  
880-8694

### **NEIGHBORHOOD DELI**

238 E. STATE ST.  
983-8371

### **STEVIE'S PIZZA PALACE**

100 E. STATE ST.  
983-8478

## ☞ **NAPAVINE** ☞

### **BUCKAROOS PIZZA**

114 ALDER AVE. N.W.  
266-0693

### **MUSTARD SEED RESTAURANT**

104-A AVERY ROAD  
262-3238

### **NAPAVINE DELI**

113½ 2<sup>nd</sup> AVE.  
262-9769

### **SUZIE'S DINER**

110 E. WASHINGTON  
266-0923

## ☞ **ONALASKA** ☞

### **GENTILEY'S PIZZA**

1772 HWY. 508  
978-4848

### **JODI'S COUNTRY FLOWERS**

102 CENTRAL AVE.  
978-5808

Restaurants that allow  
smoking can have six times  
the pollution of a busy  
highway.

## ☞ **PACKWOOD** ☞

### **GOURMET CUP AND BISTRO**

105 MAIN ST. E.  
494-6310

### **MA & PA GRAFF'S**

HWY. 12  
494-2651

### **PETERS INN**

13051 US HWY. 12  
494-4000

Lung cancer is, by far, the most common fatal cancer. The 2004 estimated number of cancer deaths in men 290,890 (32% to lung cancer) and in women 272,810 (25% to lung cancer).

## ☞ **RANDLE** ☞

### **TEE TIME DINER**

175 SR 131  
497-5221

## ☞ **TOLEDO** ☞

### **BETTY'S PLACE**

5TH & ASH  
864-4867

### **MRS BEESLEY'S BURGERS**

393 COWLITZ RIDGE RD.  
360-864-4866

## ☞ **WINLOCK** ☞

### **SPECIAL MOMENTS DELI**

207 N.E. FIRST ST.  
785-9536

### **GUADALAJARA, INC.**

114 CEDAR CREST DRIVE  
785-4161

## **What is Environmental Tobacco Smoke (ETS)?**

♦ ETS is the smoke you inhale when someone else smokes. Also called second-hand smoke, the Environmental Protection Agency has determined that environmental tobacco smoke causes cancer in humans and there is no safe level of exposure. The Washington Clean Indoor Air Act was passed because of the risks associated with ETS.

## **How harmful is ETS?**

♦ Tobacco smoke contains about 4,000 chemicals, about 60 of which are known to cause cancer, such as formaldehyde.

♦ About 3,000 non-smokers die from lung cancer and 13,000 from other cancers caused by ETS.

♦ About 37,000 non-smokers die from heart disease attributed to ETS.

♦ Non-smokers who work in places with environmental tobacco smoke have an increased risk of heart disease.

♦ The risk of lung cancer in bartenders and waitresses who work in establishments that allow smoking is 25-75% greater than the general population.

♦ ETS causes not only lung cancer in adults and respiratory problems in children, but also low birth weight, sudden infant death syndrome, middle ear infections, nasal sinus cancer, and heart disease morbidity and mortality

*Did You Know?*



- ◆ Exposure to Environmental Tobacco Smoke (ETS) in a home is like smoking 3 cigarettes a day.
- ◆ An estimated 9 million children are exposed to ETS 8 to 16 hours a day.
- ◆ ETS kills as many as 53,000 non-smokers in the United States annually; 3,000 due to lung cancer and 50,000 non-smokers from cardiovascular disease and other tobacco-related illnesses.
- ◆ ETS from cigarette smoke contains over 4,000 chemicals, including 200 poisons such as tar, carbon monoxide and nicotine.
- ◆ ETS does not clear quickly from a room – it takes about two weeks for the chemicals to be cleared from the air.
- ◆ Ventilation systems cannot remove the toxic chemicals in tobacco smoke.

For more information, call your  
**American Cancer Society**  
1-800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

## ***How you can help a tobacco user quit***

Your friend or family member wants to quit using tobacco. You want to help. You can do a lot. It can be difficult to quit tobacco – for the person who is quitting and for people around her/him. Your support makes a difference.

### ***What you need to know***

- 1) Quitting is a step-by-step process. Offer your help each step of the way.
- 2) You can help somebody quit; you can't "make" someone do it.
- 3) Keep telling them that they can do it! It will help – even when quitting gets hard.

### ***Give lots of encouragement***

Let them know you're proud of them, however long it takes! Most tobacco users need to try a few times before they quit for good. Each try brings them one step closer. They learn what works for them and what doesn't.





### ***Give practical help***

- Help make a “quit kit” – gum, toothpicks, mints, anything they might use instead of tobacco. Add pictures of loved ones.
- Help him/her stay busy – take walks, learn a new craft, do fun things in smoke-free places.

### ***Let him or her know you understand***

- Have patience. It can be tough to learn new ways to do things without tobacco.
- Don’t be surprised if she/he acts grumpy or nervous. This is a normal part of quitting.

### ***Help him or her notice progress***

- Point out signs of better health. (More energy, food tastes and smells better, etc.)

### ***And finally . . .***

- Keep offering help – even after she/he stops using tobacco.
- Be good to yourself. You’re helping somebody you care about live a longer life!

*Tobacco Prevention and Control Program  
Washington State Department of Health*

## **You Can Become Tobacco-Free!**

*Why have millions of people quit using tobacco?* They know it's one of the best things they can do to have a healthier life.

Whether you want to quit now – or just learn how to quit – *Washington's Tobacco Quit Line* can help. No matter how long you've used tobacco, it's possible to quit.

Follow the steps used by many who have quit already. The more steps you try, the greater the chance you'll succeed.

**1) Take time to get ready.** Make these changes before you quit:

- Limit places where you smoke or chew.
- Give up one cigarette or chew a day.
- Get rid of all tobacco in your home, car and workplace.
- Think about why you want to quit. Make a list of pro's and con's.
- Set your quit date.
- Choose a way to quit.

**2) Learn to handle stress without using tobacco.** Think about what causes you to want to smoke or chew – often it's stress. Think of other ways to relax and enjoy life.

**3) Get help from others.** It's one of the most important things you can do.

- Ask others who have quit how they did it.
- Talk to your doctor about quitting.
- Call the Quit Line for ideas and support.
- Learn about stop-smoking classes offered through your health plan.

**4) Consider nicotine-replacement products.** Nicotine Patches, nicotine gum, or other medicine can help. Talk to your doctor or the Quit Line specialists if you have questions.

**5) Set your quit date and stick to it.**

*Tobacco Prevention and Control Program  
Washington State Department of Health*

We thank the following  
restaurants for offering  
smoke-free environments in  
all of their Lewis County  
locations:

***Baskin-Robbins***

***Burger King***

***Burgerville***

***Dairy Queen***

***Jack in the  
Box***

***McDonald's***

***Starbucks***

***Subway***

***Taco Bell***

***Wendy's***

Please visit a location near  
you for "Fresh Air" dining.

## Did We Leave Someone Out?

If you know of restaurants that should be included in this guide, please mail this form to the address below. We will be updating the Fresh Air Dining Guide monthly at [www.co.lewis.wa.us](http://www.co.lewis.wa.us).

### ***Do You Want to be Included?***

Does your establishment serve "Fresh Air?" If your establishment fits this criteria, congratulations to you! Please call us at 360-740-1284 to be included in future editions.

Establishment Name: ✂

Address:

Phone Number:

(      )

Does the establishment have outside seating?

☐ Yes

☐ No

If yes, is smoking outside allowed?

☐ Yes

☐ No

**Mail to:**

Dining Guide

Lewis County Health Department

360 N.W. North Street. MS: HSDO

Chehalis, WA 98532